

Hertfordshire Branch Newsletter

Branch Patron Dr. Viv Lucas

March 2024

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Robert Cecil the 1st Earl of Salisbury built Hatfield House in 1611 adjoining the site of the Old Palace of Hatfield.

On November 17th 1558 Lady Elizabeth Tudor was sitting beneath an Oak Tree on the Hatfield estate when she received the News that she was Queen of England. Today the house is the home of the 7th Marquess and Marchioness of Salisbury.

The MND association website is: www.mndassociation.org

The National Office New Helpline No: 0808 8026262

Motor Neurone Disease Association Registered Charity No. 294354



FIGHTING MOTOR NEURONE DISEASE



Hi everyone,

Welcome to “my” new year! Spring is finally here. I never feel that January 1 is the true start to another cycle – for me it happens when all the signs of *New Beginnings* happen in nature. My energy surges, the sunlit days last longer and flowers break out of their winter blankets.

Terry Guillemets said, “*my favourite weather is bird chirping weather*”. I totally agree. And Gustav Mahler felt “*spring won't let me stay in this house any longer! I must get out and breathe the air deeply again*”.



Being in nature during the spring is so stimulating and relaxing at the same time. I look forward to every small adventure we take. Just meandering down a local pathway, sitting in the garden watching the birds, bees and blooms or having a coffee and cake in the town square is energizing.

I know we all have struggles to deal with. That won't change, however it costs us nothing extra to see and absorb the beauty and wonders of life that also surround us. As Henri Matisse said, “*there are always flowers for those who want to see them*”.

On May 23, we are all looking forward to our **special ‘get together’ with Tanya Curry, CEO of the MNDA**. Why not join us and celebrate this spring occasion? This interactive event is a great opportunity to meet others in our community, have a friendly chat and make new friends.

I'm definitely going - and I'd love to meet up with you. Tell me some of your favourite quotes. My last one for today is “*Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.*” by Luther Burbank.

- Kent -

*** Finance Report – January and February 2024 ***

The start of another year and already we have received several generous donations. We have received donations from across the County - **Stevenage Grange Rotary Club, Amwell Rotary Club, Letchworth Rugby Union Football Club, Stevenage CUI Club, JJK Fitness, Variety Express, Buntingford Community Choir and Belvoir Estate Agents**. We have also received In Memoriam donations and other small donations.

Thank You

Stevenage CIU



I have been asked to confirm how donations can be made to the branch. If you are holding a fundraising event, **we would recommend that you set up a Just Giving page**, it is fairly straight forward but please make it clear that you are fundraising for the **Hertfordshire Branch**. For personal donations etc we will happily accept **cash and cheque's**, if you prefer to make a direct payment please contact me for bank details (my contact details are on the final page of this Newsletter). We also have **Text to Donate facilities**, although it is rather slow and unfortunately anonymous. **Text MND4NEHERTS to 70085 to donate £5, MND4NEHERTS 10 to 70085 to donate £10 or MND4NEHERTS 15 to 70085 to donate £15**. Over the last 2 months your generosity has meant we have been able to fund Holidays, Massages, Reflexology, Acupuncture, Personal Alarms, Transportation to appointments and meetings and Riser Recliner Chairs. A brilliant start to 2024. - **Heather** -

Thank You

Hertfordshire Branch Special Get Together

Enclosed with this Newsletter you will find your invite to our **Special Get Together in May**. This will be our first Countywide event and we are very fortunate that **Tanya Curry, the Chief Executive of the MND Association** has agreed to join us. This is a great opportunity for us all to meet with her in person, hear her views and ask questions.

We are sure this will be a popular event, and therefore it is important that you book your place as soon as possible, as there are a finite number of places. Securing your place will also help us organise both the seating and the catering arrangements.

There is a response slip on the letter or you can email Lindsey (Branch Secretary) lindsey.lucas@mndassociation.org

The Get Together is being held at The Red Lion Pub, 88 Great North Road, Hatfield AL9 5EU from 2pm to 5pm. This is a new venue, chosen for its good road links and central location in the County. The afternoon will also be an opportunity to meet your **Committee Members** and catch up with other members of our community over light refreshments. If you have any questions for Tanya, it would be helpful if you could submit these to Lindsey in advance of the afternoon to ensure the smooth running of the event. We really hope you will be able to join us.



Tanya Curry
MNDA Chief Executive





Mark O'Brien achieves GUINNESS WORLD RECORDS title after challenging 11,000 metre swim and raises £25,000 for the MND Association.



Mark is supporting the Hertfordshire Branch and the Bedfordshire Group, as well as the Association's research programme. Should Mark exceed his fundraising target, he will be considering supporting other MND Association Branches or groups and charities.

You can still support Mark's fundraising by visiting his JustGiving page.



[Justgiving.com/page/mark-obrien-mndworldrecordswim](https://www.justgiving.com/page/mark-obrien-mndworldrecordswim)



Well done to Mark an amazing achievement.

Kent Allen - Chair, Justine Cox - Area Support Coordinator and I were delighted to attend **JJK Fitness in Kings Langley** on their 3rd fundraiser in memory of one of their past members **David Davies** who lived with **MND** and sadly passed away two years ago. This year, the event was a gym challenge involving 16 teams plus a raffle raising **£1000** and other donations, with a final total of **£6,075.00**. The first two fundraisers raised over **£20,000** and we are hugely thankful to **Joe Kelly**, owner of the gym for his long continued and fantastic support.

Hetty



Thank You



Justine and Kent



Kent, Kim, David's wife their son, Harrison



**The winning team receiving
The David Davies Cup**



Kim, Joe Kelly, Kent, Justine and Hetty



*** Useful Information ***



For people facing the challenges of **MND**, a wide range of support is available. Yet, with many options for therapy and social care, the choices can feel bewildering. How do you begin to make sense of it all?

Conversations with your health and social care team can help you find the right support. The Association booklet *Types of care* is a good place to begin thinking about the different ways you can find support. This small guide is based on the **NICE Guidelines** for the management of **MND**, which gives recommendations to professionals about care and treatment. The information sheets can also help with a range of decisions from therapies and treatments to making benefit claims. You can find a summary of publications and tools to help with choices in the drop-down option for Decision making resources at: www.mndassociation.org/careinfo. Search for resources by need, using the Care information finder at: www.mndassociation.org/careinfofinder - www.mndassociation.org/publications.





Speech Card - Contact MND Helpline - 0808 8026262 **mndconnect**

The pocket-sized Speech Card carries a short message to explain that you have difficulty speaking, it now includes the Communication Access Symbol used by organisations and venues with staff members trained to support people with communication difficulties.



The MND Alert Card and MND Alert! Wristband -

Contact MND Helpline - 0808 8026262



The MND Alert Card and MND Wristband are designed to provide crucial information to emergency professionals.

When you wear the **Wristband**, it lets them know that you have **MND** and may be at risk with **Oxygen Therapy**. This can be especially important during medical emergencies.



This may be worn at all times in case you need emergency help. The Weblink on the Band guides professionals to more detail. Oxygen support may still be used with **MND** in certain situations.

Ask you neurologist or respiratory team for advice.





Future Meetings & Events for Your Diary



Branch meeting - Monday March 25th - Face to face meeting
The Three Horseshoes Hooks Cross Watton at Stone - 11am



The Three Horseshoes

Branch meeting - Monday April 29th - Face to face meeting
The Three Horseshoes Hooks Cross Watton at Stone - 11am



Branch meeting - Thursday 23rd May -

- **MEET TANYA CURRY** -
THE NEW CHIEF EXECUTIVE

From 2pm - The Red Lion, 88 Great North Road, Hatfield AL9 5EU.

Get Togethers - Box Moor Trust Centre,

London Road, Hemel Hempstead HP1 2RE - For those living with MND
their family and carers - **on First Wednesday** of each month at **2pm** -
- 3rd April - 1st May - 5th June - 3rd July - 7th August - 4th September -
2nd October - 6th November - 4th December

For more information contact - Lesley Ralston - leshenhouse@gmail.com

**** ZOOM's ****

Daytime Group - Zoom - 3rd Tuesday of every month at **11am to 12.30pm**
19th March - 16th April - 21st May - 18th June - 16th July - 20th August -
17th September - 15th October - 19th November - 17th December

For more information contact - Dawn.Pond@mndassociation.org



South East Carers Coffee & Chat - Zoom - Carers only -

On First Tuesday of each month at 11am

2nd April - 7th May - 4th June - 2nd July - 6th August - 3rd September
- 1st October - 5th November - 3rd December

For more information contact - lisa.burnard@mndassociation.org

Evening Carers Group - Zoom - Carers only -

On Last Wednesday of each month at 6.30pm.

27th March - 24th April - 29th May - 26th June - 31st July - 28th August
25th September - 30th October - 7th November



For more information contact - justine.cox@mndassociation.org





Contact Details



~ BRANCH MANAGEMENT COMMITTEE ~ 2024 OFFICERS ~

- CHAIRMAN:** Kent Allen 51 London Road Hitchin, Herts. SG4 9EW
kent@latimers51.com Tel: 07771876562
- TREASURER:** Heather Hurley 8 The Dale Letchworth Garden City, Herts. SG6 3SG
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- SECRETARY:** Lindsey Lucas 4 Woolston Avenue Letchworth Herts. SG6 2ED
lindsey.lucas@mndassociation.org Tel: 07905157764

-- BRANCH CONTACTS --



- Christine Carter** North and East Herts Area
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- Hetty Smith** South Herts Area
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-- REGIONAL FUNDRAISER --



ROGER WIDDECOMBE



roger.widdecombe@mndassociation.org

--- AREA SUPPORT COORDINATOR (ASC) ---



JUSTINE COX



justine.cox@mndassociation.org

Tel: 01604 800659

MNDA HERTFORDSHIRE BRANCH WEBSITE

<http://www.mnd.n-herts.freeuk.com>

2024

Twitter X

OUR EMAILS

mndaneherts@gmail.com



twitter.com/MndaHerts

mndassoc.southherts@gmail.com

* * **THE MND HELPLINE – Tel 0808 8026262** **mndconnect** * *
mndconnect@mndassociation.org

Our MND Connect Helpline offers advice, practical and Emotional support and directing to other services and agencies.

Monday-Friday 10.00am - 4.00pm



Editors : Derek Dunn & Christine Carter
Newsletter Booklet Coordinated by Alan J Lockett

